

January 2011

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



Pummelo

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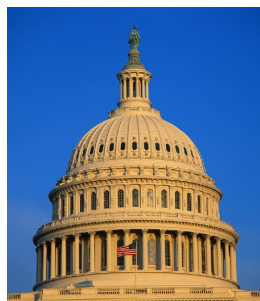
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Child Nutrition Bill

On Monday, December 13, 2010, President Barack Obama signed S. 3307, the Healthy, Hunger-Free Kids Act into law. Every five years the window of opportunity opens on Capitol Hill as lawmakers and their staff work together to improve, tweak, and reauthorize the federal Child Nutrition Programs. During this time questions are asked: what works well? What isn't working? How can we address new needs? For school nutrition professionals, Child Nutrition Reauthorization brings with it a special responsibility to answer these questions in order to ensure quality, healthy, safe meals are provided to children every school day. Located at the bottom of the website is a summary on the Healthy, Hunger Free Kids Act and frequently asked questions—

<http://www.schoolnutrition.org/content.aspx?id=2402>



Contact Sarah Kenworthy at skenworthy@doe.in.gov to be featured in the next FFVP Buzz.

Vinton Elementary



Vinton Elementary School, Lafayette School Corporation observed Indiana's "Going Local Week" this past September through the Fresh Fruit & Vegetable Program.

Cherry tomatoes purchased from Prairie

View Farms, a produce farm located on the north side of Lafayette, were served to the 400+ students for one of their afternoon snacks that week. Students receive fresh fruits or vegetables for snacks three days each week.

The purpose of Going Local Week was to encourage Indiana citizens to be more aware of local foods in their own communities and to increase consumption of locally grown/produced foods.

Buying locally worked so well for the snack, the food service department was willing to give it a try for fresh fruit & vegetables served in cafeterias at the other six schools. The farm was willing to make deliveries and work off purchase orders which can be challenges for using local producers. Kitchen

staff were delighted with the quality of produce received. The food service department was able to purchase cucumbers, green peppers, tomatoes, watermelon, and cantaloupe through September and October for use in the cafeteria.



The owner/operator of the farm was invited to speak to food service staff at their monthly meeting in November. He indicated the farm would be willing to plan their next year's crop based on the needs of the schools. Unfortunately, there won't be enough time in the spring for any of the crops to be ready before school dismisses for the summer, so produce

will only be available during August, September, and October.

Food service staff is excited about future possibilities of working with a local produce farm and trying to find more ways of serving fresh fruits and vegetables for lunch.



Making healthier choices when it comes to food and nutrition is essential in the fight against childhood obesity. That's why the American Dietetic Association, along with ADA Foundation, has launched a new campaign, Kids Eat Right - www.kidseatright.org.

The website reaches out to families, particularly parents and caretakers, to promote healthy eating habits. It provides practical tools and resources to empower families to change their daily behaviors and achieve a healthier lifestyle. The website is categorized according to age groups (baby, toddler, preschool, grade school and teen) and features weekly tips, articles, recipes, and videos created by Registered Dietitians. The site is also built around three key themes: Shop Smart, Cook Healthy, Eat Right. It offers advice on getting children involved from the grocery store to the kitchen to the dinner table to encourage healthy choices.

2011 Senator Richard G. Lugar - School Food Service Employee of the Year Award

For the 14th year, Senator Richard G. Lugar, in partnership with Indiana Farm Bureau and the Indiana Department of Education, will formally recognize a school food service employee who contributes significantly to the health and learning capabilities of our students. The selected recipient will be presented with an award during the Indiana School Nutrition Association's award ceremony in the spring of 2011. Indiana Farm Bureau will provide a monetary award of \$500. Entries are due by February 25, 2011. For information on selection criteria and nomination guidelines, visit http://www.doe.in.gov/food/lugar_award.html.



2010-2011 Healthy Hoosier School Award

It's time to start gearing up for next year's Healthy Hoosier School Award. The paper application is posted at www.actionforhealthykids.org/indiana. While the paper application is primarily used to prepare and organize your answers before submitting the online application, it can also help you to see where your school can make changes toward creating a healthier school environment. Take the time to evaluate and make changes to your school wellness practices and policies now to work toward increasing next year's award level. The online application will be made available soon and must be submitted by April 1, 2011.

Questions about the HealthierUS School Challenge, Senator Richard G. Lugar-School Food Service Employee of the Year, or the 2010-2011 Healthy Hoosier School Award should be directed to Beth Foland at efoland@doe.in.gov or Heather Stinson at hstinson@doe.in.gov.



Learning Connection



Join the Team Nutrition Learning Connection community for weekly updates and announcements on grants, webinars, and resources. The Team

Nutrition Learning Connection has replaced the old listserv. The Learning Connection is used by teachers, principals, and administrators. It is a great place to ask questions and to have group discussions. Anyone can sign up for an account to access the Learning Connection. Also, you can join the Healthy Hoosier School Award community which contains resources, announcements, and grant opportunities. Click here to access the learning connection and create an account—
<https://learningconnection.doe.in.gov/Login.aspx?ret=/default.aspx>.

Healthier US School Challenge

The HealthierUS School Challenge has created a competitive food calculator that schools can use to determine if their competitive foods meet the HealthierUS School Challenge requirements. While schools have the option to apply for the HealthierUS School Challenge (HUSC) and meet those requirements, all schools are required by Indiana law to follow IC 20-26-9-19 which contains language identifying "better choice" foods. Note that the requirements for HUSC and the requirements specified in this section of the Indiana Code are NOT THE SAME. Go to the link located on the School Nutrition Programs for more information: http://www.doe.in.gov/food/schoolnutrition/pdf/Competitive_Foods_Calculator.pdf

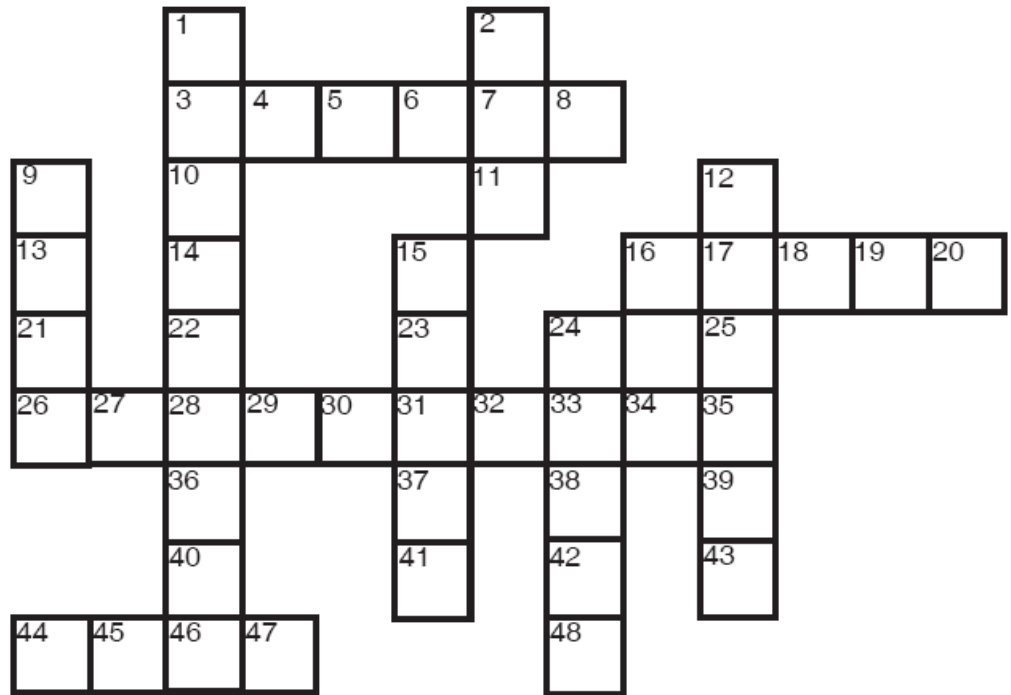
Even if you are not applying for the HUSC, you can use their resources from the HUSC application kit to help increase the nutritional quality of your meals. The following link contains resources to:

- Identify and read labels on whole grains
- Identify dried beans
- Identify dark green/orange vegetables
- Create healthy fundraisers

<http://teamnutrition.usda.gov/HealthierUS/application.html>



Apples Crossword Fun



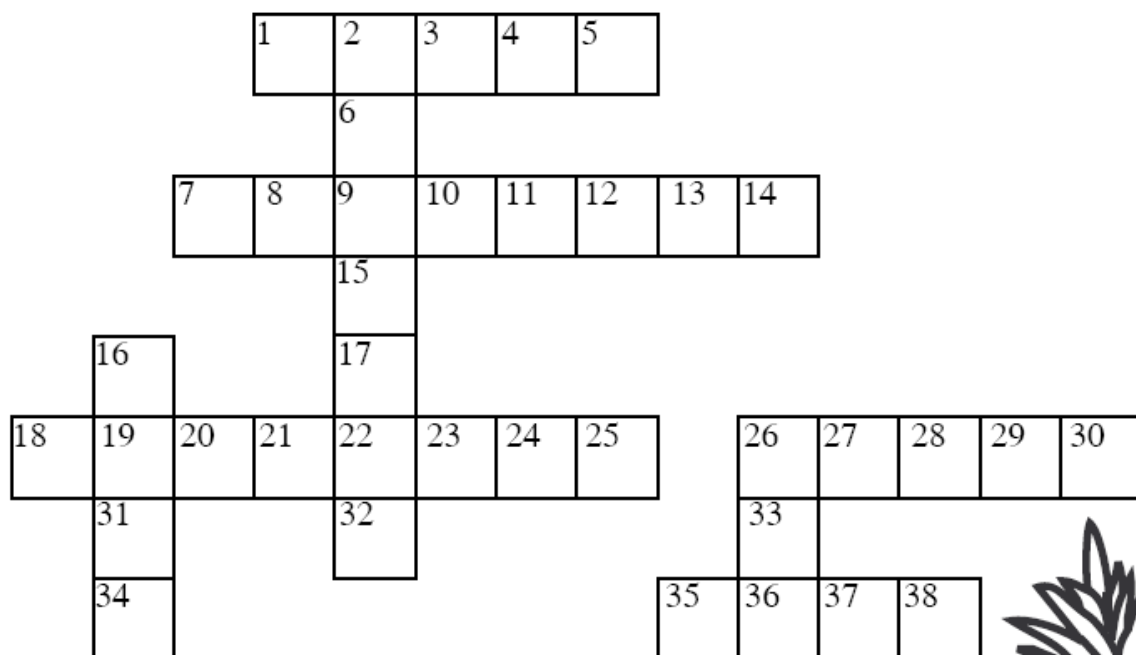
Across

3. _____ are available year-round.
16. More than 7,000 varieties of apples grow in the _____.
26. In the United States, _____ state grows the most apples.
44. Apples help your _____ with digestion because they are high in fiber.

Down

1. In the fall apples are _____ by hand.
2. The most popular type of apple in the U.S.A. is _____ delicious.
9. Apple trees can _____ more than 40 feet tall.
12. One apple _____ as one serving of your 5 A Day.
15. Pack apples for a snack or with _____.
24. _____ apples at home in the refrigerator.

Pineapple Crossword Fun



Across

1. Fresh pineapple is _ _ _ _ _
7. _ _ _ _ _ _ _ found pineapples growing in Guadeloupe
18. Fresh pineapple is high in _ _ _ _ _ _ _
26. You'll love the _ _ _ _ of pineapples
35. Jim _ _ _ _ founded the Hawaiian Pineapple Company

Down

2. Pineapple is a symbol of _ _ _ _ _ _
16. The Spanish Explorers thought pineapple looked like a pine cone, so they called it _ _ _ _
26. _ _ _ slices of pineapple count as 1 serving

